



A MINUTE OF HEALTH WITH CDC

Teens and Tobacco

Tobacco Use Among Middle and High School Students — United States, 2011-2015

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Tobacco use is well-documented as one of the leading causes of many severe illnesses, including cancer and heart disease. Discouraging tobacco use among young people can decrease the likelihood that they use it later in life. Nearly *five million* middle and high school students say they use some form of tobacco. While fewer students are smoking cigarettes and cigars, the popularity of e-cigarettes and hookahs has increased, resulting in no change in overall tobacco use among youth since 2011. Youth use of tobacco in any form is unsafe. Parents, teachers, and others who can influence children should emphasize the health hazards associated with tobacco use.

Thank you for joining us on a Minute of Health with CDC.

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